



# COCHISE COUNTY

## Step Program Overview

By: Melissa Avant, Administrative Coordinator  
Cochise County Step Program

# Steps Overview within Cochise County

## n Steps Program Coordinator & Director



Lauren Chase  
Program Coordinator



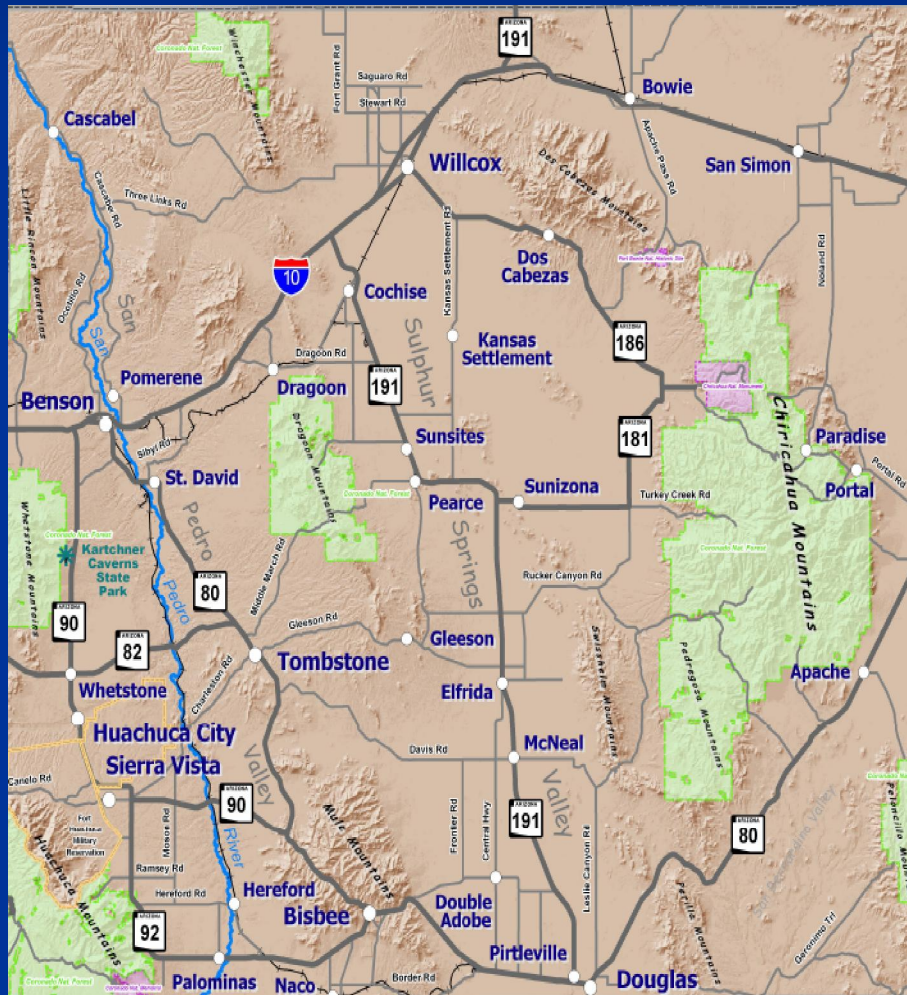
Vaira Harik  
Health Director

## 5 Steps Program Educators





# Steps Overview within Cochise County



- n 122,000 residents
- n 28 communities
- n 6,200 rural square miles
- n 83 miles of border with Mexico
- n Geographically diverse
- n Ethnically diverse
- n Culturally diverse
- n Economically diverse

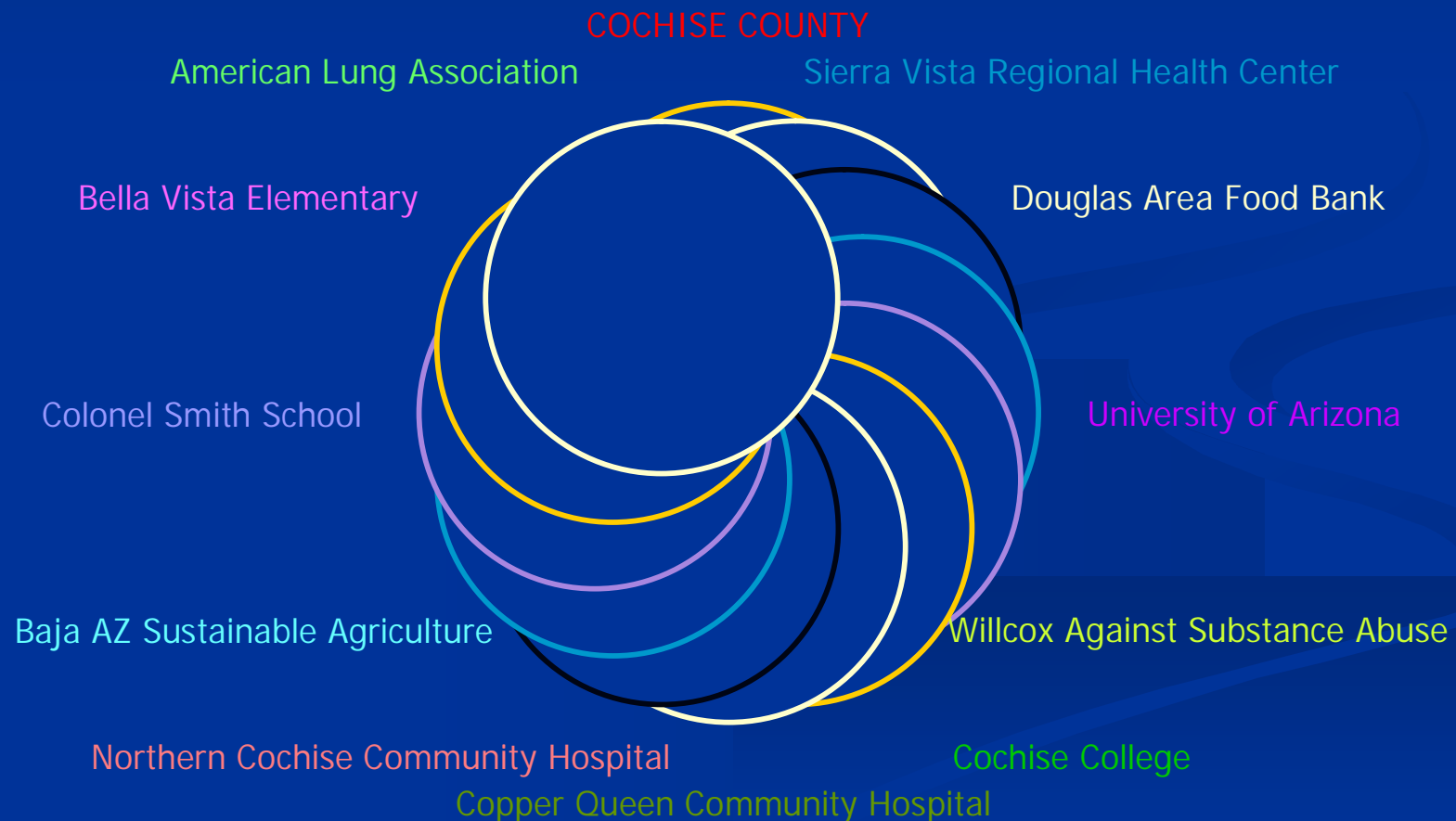
# Key Elements within Cochise County

- n Prevention and effective management
- n Health Education
- n Health Promotion
- n Policy Development
- n Outreach
- n Training of and opportunities for community health workers or Promotoras

# Subcontractors for Cochise County

## Mini Grants

## Request for Proposal



# Sierra Vista Regional Health Center

- n Sierra Vista Regional Health Center (SVRHC) Diabetes Self Management Program.
- n This exiting diabetes program offers several educational and self management opportunities for participants diagnosed with, Type 1 and Type 2 Diabetes, Pre diabetes , gestational diabetes and members of their support systems. In 2006, SVRHC program received the American Diabetes Association (ADA) Recognition for meeting the National Standards for Excellence in diabetes education. SVRHC offers 5 week diabetes self management training classes.
- n The program is offered by an interdisciplinary staff of :
  - 3 Registered Nurses ( 1full time, 2 part time)
  - 1 Certified Diabetes Educator
  - 2 Registered Dieticians ( part time)

# Sierra Vista Regional Health Center

- n Steps funding enabled this program to initiate the following American Diabetes
- n Association National Standard of Excellence activities:
  - Develop Diabetes Self Management Education Program
  - Create an Advisory Board
  - Developed program handbook
  - Purchased data management and evaluation software
- n SVRHC offered a variety of educational opportunities in the form of group educational sessions and vital one on one trainings.



# Douglas Area Food Bank

- n Implement an intensive, sustained lifestyle modification program that emphasizes a healthy diet, moderate physical activity for diabetic and overweight patients to prevent complications from these chronic diseases.



## Key Points:

Provide weekly classes at the Food Bank

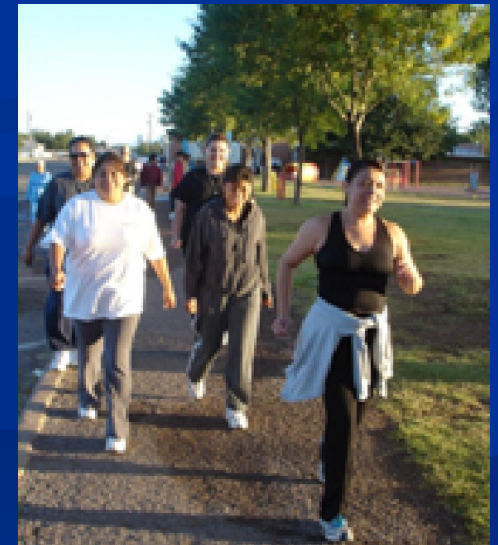
Make presentations in the community

Submit an article based upon the nutrition classes and cooking demonstrations

# University of Arizona

## Pasos Adelante

- n In the town of Douglas, Arizona, on the U.S.- Mexico border, almost 22% of people aged 40 years and older have diabetes - a higher rate than in most Latino communities and much higher than the U.S. average.



The Pasos Adelante walking group heads out at 6:30 a.m. in Douglas, Arizona.

# University of Arizona

## Pasos Adelante

- n 12-week class for community members, *Pasos Adelante* (Steps Forward).

Promotora Lourdes Fernandez, right, assists a participant during a Diabetes and the Family class.



# Willcox Against Substance Abuse

- n Willcox against substance abuse (WASA) is a community based organization dedicated in preventing and educating people about substance abuse problems and issues concerning the youth of today. Our goal is to help bring about better quality of life to the community.

# Willcox Against Substance Abuse

- n WASA addresses all three disease areas (asthma, diabetes, & obesity)
- n Build a Multi-level approach "For A Healthier Willcox"
- n Address problems in the community, school, and workplace

# Cochise College

- n Promotoras/Community Health Worker Certified Training Program
  - n Three Keys to Implementation
- n Curriculum: U of A / FIPSE Grant: Project Jump Start: A Postsecondary Health Professions Partnership Initiative
- n Instructor: Martha Sutton
- n Venue: Cochise College Nursing Department





# Cochise College

- n Promotoras/Community Health Worker Certified Training Program
  - n Curriculum

- n English only
- n (plans for translation and bilingual instruction under discussion)
- n Prerequisites
- n Communication course
- n Sociology course
- n CPR course
- n Core Courses
- n HLT 111 (18 weeks)
- n HLT 120 (intensive supervised internship)



# Copper Queen Community Hospital

## Nutrition/Obesity Education

Address: Lifestyle Modification, Healthy diet, Physical activity, and obesity in relation to chronic disease.



Purchased a Diet Master Menu Planner and Diet Master Clinical Nutrition Software

Key Point:

Provide community outreach on healthy nutrition, physical activity, diabetes, and obesity utilizing this software.

# Copper Queen Community Hospital

## Discovering Diabetes Curriculum

Educational classes and community outreach to implement an education program for patients with Type I and Type II diabetes.



# Northern Cochise Community Hospital

## One-on-One Diabetic Education

Funding allows for the hire of a certified nutritionist with diabetes background  
One-on-one consultations with diabetics to create individualized meal plans.

- n Willcox has a higher % of Hispanics than Cochise County and Arizona
- n Willcox has a higher % of persons living below 100% and 200% of the FPL Willcox has had double or triple the rates of hospitalizations for unmanaged diabetes compared to the county and state since 2000 (Willcox Needs Assessment data, Chris Deibert, UA College of Medicine)

"It has become very clear that, at NCCH, we need a dietician as consulting staff to hold regular specialty clinics"

-Ellen Clark



# Baja Arizona Sustainable Agriculture

## Taste of the Desert – Desert Heritage Foods

Provide heritage foods such as mesquite bean and pod meal, prickly pear pads and fruit, desert chia, agave, and tepary beans. Education will be accomplished through presentations/book signing by experts on these desert foods at the Sierra Vista Public Library, and through various food preparation demonstrations of Farmer's Market.





# Colonel Smith Middle School

## Step it Up! Health & Fitness Program for students and staff

- n During *and* after school
- n Nutrition & physical activity education and opportunities lunchtime walking group (pedometer program) and physical activities - after school education program and physical activities
- n Purchase of Planet Health Curriculum, PE equipment
- n Development of a health and fitness advisory committee: principal, parents, teachers, nurse, counselor, students, and parents.
- n Develop a plan to implement healthy changes in the lunchroom



Contributing to School Health Index success!!!



# Bella Vista Elementary School

- n Improve the nutrition component in the school lunch program and educate students on healthy food choices and increasing activity levels.



Key Point:

Target 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> grade students

Education on food choices, exercise,  
and how each can affect their day

Use pedometers as an incentive

# American Lung Association

- n American Lung Association
- n The Asthma 101 introduction to asthma program was provided to Douglas Unified District teachers and staff.
- n This introductory lesson on asthma it's triggers and treatments provided information to teachers and staff to better care for the children in their district who have asthma. Participants reported they felt better equipped to handle and care for student with asthma.
- n Participation
  - n • 101 teachers and school staff
  - n • 18-65 years



# Implementing Programs Within Cochise County

# NAP SACC

- n Our Children, Our Future,  
Our Responsibility
- n NAP SACC utilizes three effective approaches to  
achieve it's goal:

Polices: Review, revise, and Change

Environment: Enhance Physical Activity

Communication: Provide Information



# NAP SACC

- n Marilyn Godfrey, NAP SACC Coordinator is now S\*CCEEDS Registered!
- n In progress of implementing the program to several daycares County Wide.



# Step Together for Life

- n Promoting Individual, Family, and Community Activity.
- n Possible Annual event sponsored by Cochise County



Walking event targeting school age children and families.



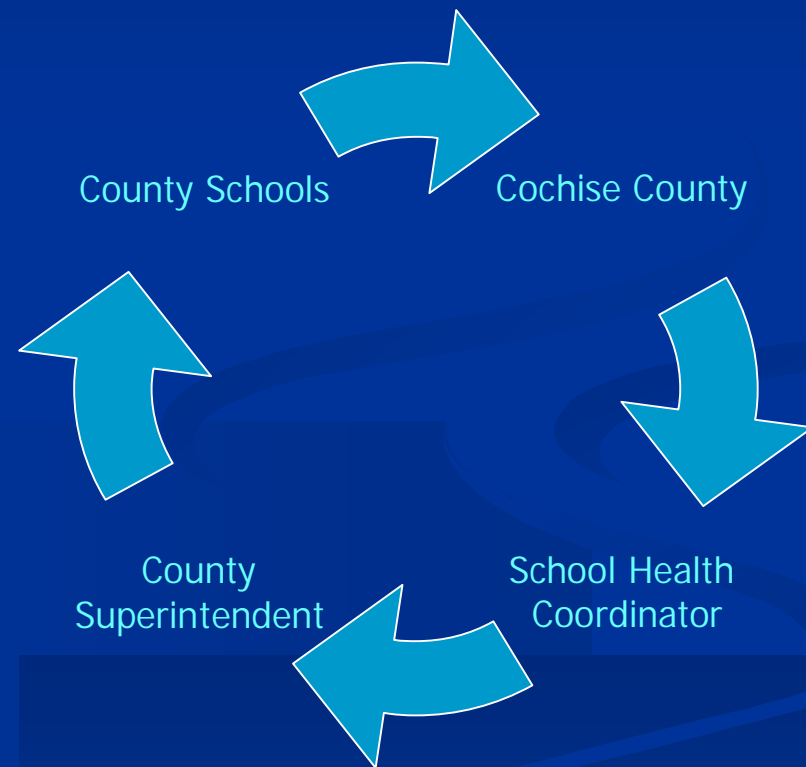
# Train the Trainer Program

- n Cochise County Step Team will implement train the trainer – specializing in:
- n NAP SACC
- n Healthy Habits Classes
- n Understanding Diabetes Classes
- n Asthma outreach and education



# School Health Coordinator

- n School Health Index
- n Indoor Air Quality
- n Curricula Assistance
- n Adaptive Physical Education



# Future Direction

- n Revaluating  
Subcontractors  
Community Outreach  
Trainers  
Health Lay Worker Program